



VOL V No. 12

Naval Regional Medical Center, Orlando, Florida

1 October 1982

Vital Signs marks another milestone

Page 3 gets a new name!

Since the first edition of Vital signs in December 1978, our Page 3 has been named "Ramp Page." For those of you, who have arrived at the Medical Center since the new building was opened in April 1981, the title "Ramp Page" was probably puzzling. But for those of us who are plank owners (and there are those among us, who are plank owners from the old building!), the ramps of the old hospital were something special.

If your duties made it necessary for you to travel up and down the mile and a half of ramps which connected all the clinics and wards, you had the greatest opportunity to see and greet hundreds of hospital staff. Sometimes, the ramps were bright and beautiful - a reflection of the weather. But, sometimes too, they were just plain miserable with the rain blowing in sheets across your path or the cold winter winds biting at you from around the corners of the buildings. Anyway, that's why Page 3 got it's name - it was a place to meet and see the rest of the staff, regardless of the weather!

It has now been over 18 months since we last used the ramps. As we mentioned in the September issue, Vital Signs' staff thought it was time for a new name for Page 3. Yes, we did have a contest. Yes, we do have a winner!

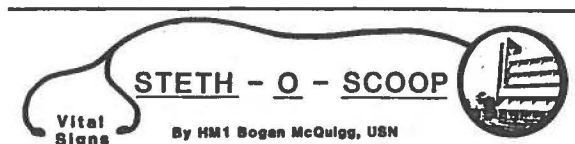
Mrs. Frances Hodges, LPN for the Acute Minor Care Clinic, came up with the new name, and it certainly is very appro-



Captain Fout presented Mrs. Frances Hodges with a NRMC plaque for submitting the winning entry.

pos! STETH - O - SCOOP! Commencing with the November issue, Page 3 will feature a new "flag" as well as a new name.

Hall



Farewell



CA class graduates

On 17 September, the second class of Clinical Assistants for 1982 were recognized at a graduation ceremony at the NRMC Annex. Pictured above with Captain Fout and CWO4 Moffett, Director of the Clinical Assistant Program, are (left to right): HN Maureen Holmes, HM3 Michael Champagnie-Davis, HN Thomas Cruz, HN Richard Carter, HN Todd Currier, HM2 Vincent Glover and HN Gregory Stewart.

Whoooizzit?

Do you know this staff member? The answer is on Page 12.

A beautiful gift . . .

The lobby of the Annex has taken on a tropical flair with the addition of a beautiful "Birds of Paradise" flower arrangement. The colorful arrangement was a gift from the Veterans of Foreign Wars Auxiliary, Post 8152, of Pine Hills. Mrs. Jeannette Torok, Chaplain of the Post, made the presentation to CDR Sparks on 14 September. CAPT Nickerson was there for the presentation and also present (but not pictured) was Mrs. Dorothy Hall, Publicity Chairman and Americanism Chairman for the Post.

American Red Cross

**Volunteer hours
for
August - 1,818**

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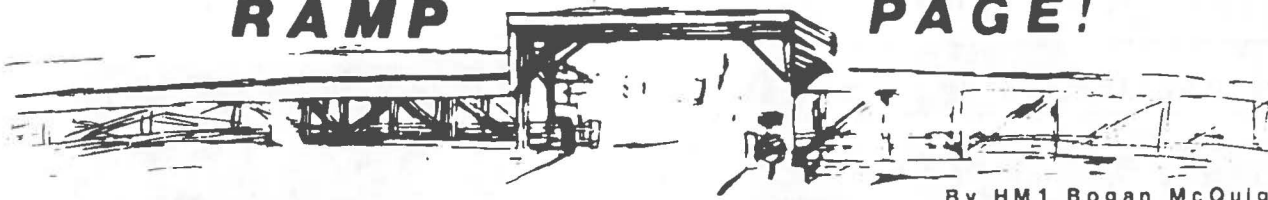
HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
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RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

What do you think about the football players' strike?



LT D. Arrowsmith, MC, Radiology Service: "I think the football players are over-paid. They should remember the air-traffic controllers' strike."



Linda Bleifus, Dermatology: "I don't think they should have gone on strike. I feel they are making enough money for the amount of time they spend playing football."



Catherine Davidson, LPN, Urology Service: "It's terrible! Both sides have valid arguments. The players do deserve more money. Unlike baseball players, when they retire - they are wrecks!"



HM3 A. Scoggins, Physical Therapy: "I feel that pro football players deserve more money, but they haven't been considerate as far as their fans are concerned (especially the ones who bought season tickets). But, with college teams playing on Sundays now, who needs them?"



CW02 T. W. Ellis, PA, Acute Minor Care Clinic: "I wish I could go on strike if I made that much money for the number of games they play!"



HMCS R. R. Wright, Patient Affairs: "Pro football players usually have a short career and should be well paid for the punishment that they endure. But, they should settle contract problems during the off-season."

Staff Journal

First Baptism in the Chapel



On 28 August, the Scruton twins became the first babies to be Baptized in NRMCC's chapel. Proud father, HM2 Scott Scruton holds Justin, and proud mother, HM2 Laurie Scruton holds Jeremy. Captain J. C. Pellosie, MC, USN, Deacon in the Roman Catholic Church, officiated.



CDR Narayana Bulusu, MC, USNR, received a Letter of Appreciation from Captain Fout as he left active duty to return to civilian life.



A special Letter of Appreciation for Delores Nader, Operating Management Service, from the Commanding Officer, Naval Administrative Command, Orlando, for her superb logistic support and invaluable assistance to NAC's Public Works Department. Captain Fout presented the letter on 24 September.

Letters



On 16 September, Captain Fout presented HM1 Alexander C. Loveless, USN, a Letter of Commendation for his outstanding performance as Leading Petty Officer of the Medical Records Section at Nuclear Power School. HM1 Loveless departed the command on Terminal Leave.



A Letter of Commendation for HM2 Karl Schweinberg, Pharmacy Service, as he departed for duty at the Naval Air Station, Bermuda.



On 29 September, Captain Fout presented a Letter of Commendation to LCDR Suzanne T. McMullen, NC, USN, on her departure for duty at NRMCC, Oakland.

Frockings



On 15 September, Captain Schefstad placed new collar devices on CW04 John H. Moffett, PA, USN.



CW04 Thomas J. Kennedy, PA, USN, receives new shoulder boards from Captain Schefstad and LT Ronald W. D'Heron, MSC, USN.

PO Graduates



On 24 September, the latest class of Petty Officers graduated from the Petty Officer Indoctrination Course. From left to right (front row): HM3 Maurice Boetto, HM3 Robert Sinclair, HM3 Frank Thompson, HM3 Pedro Rivera, HM3 Raylene Carleton, HM3 Viviana Palomo, HM3 Elvethia Torres, Captain Fout. (Back row): HM3 Anthony Savage, HM3 Francis Bolanos, HM3 Donald Evans, HM3 John Wagner, and HM3 Michael Champagnie-Davis.



Beverly Caffarelli and son, Christopher, proudly place new shoulder boards on CW03 Anthony M. Caffarelli, PA, USN.

20 Year Pin



On 16 September, Mrs. Patricia M. Debow, Ophthalmology Service, received her 20 year pin from Captain Fout.

Augmentation



17 September was Augmentation Day for LCDR Anilkuma R. Patel, MC, USN, Family Practice Service. Captain Fout was on hand to supervise the paperwork.

We continue featuring Nursing Services

3rd floor – Medical, Psychiatric, and Pediatric

As we continue in our series on Nursing Services, we paid a visit to the 3rd floor. As you step off the elevator and make your way to the Nurses' station, you can't help but feel the quiet, confident, efficient "nursing care" atmosphere. The corps staff, LPN's, RN's and Navy Nurses are busily engaged in the care of their patients in the Medical Unit, the Psychiatric Unit, and the Pediatric Unit.

We know that we haven't been able to take a picture of every single person assigned to this floor -- scheduling and shift work make that impossible -- but we do recognize all hands for the superb, compassionate nursing care we saw demonstrated on this busy, busy floor.



Medical staff (from left to right): HA Lisa Olson, LTJG Pamela Fye, NC, and HR David Finlay.



HN Kimberly Cline, Betty Wimberly, R.N., and LT Jan Happell, NC.



HN Tomas Laureano, seated, and HN Richard Johnsen.



Virginia Harrison, LPN, with HN Donna Perrin, and HN Julio Saldana.



ENS Bruce Kook, NC, conducts In-Service training for Medical ward personnel.



Charge Nurse for the Medical Unit, LCDR Stanley Snell, NC.



HA Robert McMullen
Med Unit



HA Donald Downer
Ward Clerk, Med Unit



Marion McGlasson,
R.N., Pediatrics



HA Catherine Hedges
Med Unit



R.N. Rosita Mejia and HN Kevin Horne.



Peds Unit's R.N.
Barbara Fockler



Sarah Tober, R.N., with Pediatric Corpsman (left to right): HN Kevin Horne, HR Duncan Moody, and HN Alonzo Fields.



Pediatric Corpsman (from left to right): HA Jonathan Allen, HR Michael Brake, and HN Robert Parkinson.



Harriet Cuthrell, RN, Pediatrics,
and HR Duncan Moody.



Neuro-Psychiatric Technicians (from left to right): HM2 Richard Krug, HM3 Frank Thompson, (standing) HN Kathy Walton, HM2 William Macchi, and HN Ronald Hudson.



NURSING SERVICES



Column Coordinator: LT C. M. Pagliara, NC, USN

High morale?

Often times, when talking with people in a working situation, the term "morale" comes up in a positive or negative manner. What is morale? Webster defines morale: 1) the mental and emotional condition (as of enthusiasm, confidence, or loyalty) of an individual or group with regard to the function or tasks at hand; 2) a sense of common purpose with respect to a group; 3) the level of individual psychological well-being based on such factors as a sense of purpose and confidence in the future.

High morale contributes to the accomplishment of mutual goals and is something that, hopefully, everyone strives for in a working situation. When people speak of morale, they seem to condense it into a feeling of happiness or contentment.

How do you achieve high morale? Sometimes, it is difficult to accomplish. Each individual's actions can contribute to high morale. By working together, sharing knowledge, giving credit where credit is due, saying thank you, and not being quick to blame others when things go wrong -- all of these things can have a direct effect on morale.

As a result of high morale in a hospital situation, for instance, happiness and contentment is felt by both patients and staff. High morale is not something one can just talk about -- it is necessary for each person to play a part. So, go ahead, pay a compliment to a fellow worker for a change; pat a friend suffering from "burn out" on the back; or give someone a hug. Be a morale booster!

Column written by:

LTJG Rebecca J. McCormick, NC, USNR



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

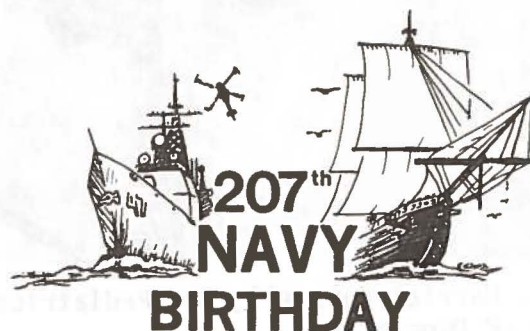
What is your "English Channel?"

Tom Hetzel, a marathon swimmer of some renown, was once asked why he had wanted to swim the English Channel. He replied, "The English Channel has a reverence to it; to swim it is the last pure adventure. It only says, 'If you are good enough, you can have me, but you must prove it yourself.' Crossing the Channel has allowed me to say, 'Yes, I can!'" Tom Hetzel then continued to make a profound observation: "It's like this: someone tells a kid he'll never graduate from college, but he hangs in there until he does. Another person may have to overcome a particular handicap: an alcoholic or a paraplegic. Everyone has an English Channel. Mine happens to be between England and France."

What is your "English Channel?" Have you identified it in your own life? Is it worthy of you? Is it broad enough and deep enough to challenge the very best that you have to offer?

Allow me to offer this word of assurance and encouragement. If the challenge in your life is big enough to challenge the very best in you -- God will help you to face it, and overcome the challenge. All you have to do is call upon Him in faith. Of this, I am sure, and I have seen the evidence in many lives.

13 October 1982



CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN



Hi....I would like to introduce myself - I am HM1 Patricia Johnson and I have recently been appointed as the Command's Career Counselor. My office is Room 1607C, located in Human Resource Management Service. I can be reached on

Extensions 4828, 4929. If there is anyway I can help you with your career planning, feel free to stop by and see me.

Some of the latest word out of NMPC:

Applications are now being solicited for the U.S. ANTARCTIC PROGRAM 1983/1984 (Operation Deep Freeze). Eligible personnel (E5 - E7, NEC 8425 with experience) should submit their application prior to 1 November 1982.

Applications for the 1983 White House Fellows Program, which offers career-motivated military personnel an opportunity to work and study in the Executive Branch of the U.S. Government, are also being solicited.

There is an urgent need for applicants for the following HM "C" Schools: Histopathology (8503), Nuclear Submarine Medicine (8402) and Nuclear Medicine Technician, Surface (8407).

Don't forget now... come and see me!



LAB LINE

CAPT P. E. Petit, MC, USN

Where have all the Lab Techs gone?



If you have visited the Lab recently, you may have noticed a scarcity of personnel; five of our eighteen Enlisted Technicians have been sent to the Navy Drug Screening Lab at NRMC, Jacksonville, for five months TAD. To more rapidly identify drug users and to speed their processing out of the Navy, the drug screening labs required more manpower. Virtually all of the NRMC's across the country, were tasked to provide technician support to the drug labs. The five technicians sent from Orlando were: HM1 Dave Williams, HM2 Robert Randolph, HM2 Laurell Smith, HM3 Edmar Gamboa, and HM3 Paul Csizmadia.

How does this affect our Lab? Well, it certainly has been very hard to conduct "business as usual." The command has been very responsive to our difficulty and Nursing Services has loaned us some of their corpsmen to help with the phlebotomy and specimen accessioning function. This has allowed us to pull technicians out of the blood collecting areas and assign them back on the technical work benches. We are going to do our best to honor all requests; however, we are asking health care providers ordering laboratory tests to use discipline in ordering essential tests and in utilizing the appropriate priority.

We are going to be on a four section duty and evenings, nights and week-ends might be exceptionally difficult. So, please bear with us and if there is anything you can do to help us, we'd really appreciate it.

This is our "CHIEF" page

We had "boots" and . . . MCPON !

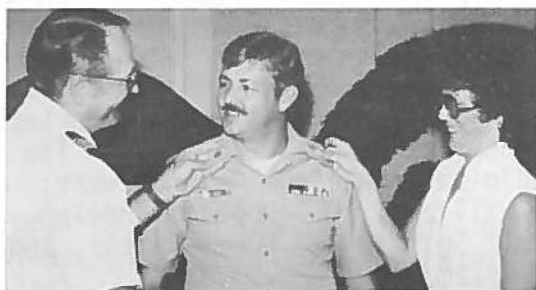
NRMC welcomes MCPON and MCPON selectee



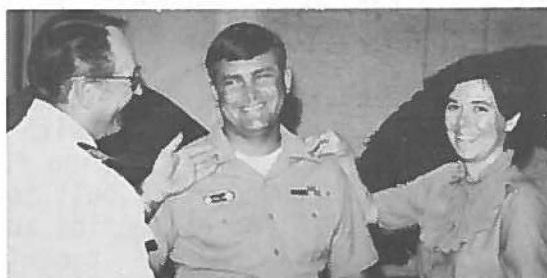
Warm greetings were extended to Master Chief Billy C. Sanders, the MCPON selectee (on left), and to Master Chief Thomas S. Crow, MCPON, on his final visit to NRMC.



Master Chief Avionics Technician Billy C. Sanders will assume the duties of the Master Chief Petty Officer of the Navy on 1 October.



At the frocking ceremony on 16 September, Captain Fout and Yvonne Mize assist HMC Rickie L. Mize.



Captain Fout and Diane Mullis put on the new collar pins for HMC Larry E. Mullis.



Captain Fout and Cynthia Mann "pin" MMC William R. Mann.



Captain Fout and HMC Dana McGowan pin on the anchors for HMC Theodore Schmitz, III.



Captain Fout reads the frocking letter to HMC Merriam Johnson. Present for the ceremony were: Husband, Wayne, and (left to right) daughter, Robin, daughter Ronda, daughter Renee and Wayne, Jr.



HMC Elizabeth Waddell receives her collar pins from Captain Fout and her mother, Mrs. Sara Waddell, a former DTI in the U.S. Navy.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Uniforms and pride - go hand in hand

Every morning, as I get dressed in my uniform to come to the hospital, I can not help but think of the thousands and thousands of Navy men and women who are going thru the same ritual; checking to see if the uniform is neatly pressed, putting the ribbons in place, adding the shoulder boards or collar devices, putting on specialty insignia, checking for irish pennants, making sure the shoes are shined, hat cover clean, etc. Sometimes, it takes on the unpleasant dimension of being a "chore" but then, when you get it all put together and see yourself in the mirror, the old pride comes forth and you begin to feel "special."

I recently read an article by Captain Stephen A. Coakley, USN. He stated: "The military uniform is the mark of a professional. The dictionary defines the word 'uniform' as a 'dress of a distinctive design or fashion worn by members of a particular group and serving as a means of identification.' As such, the Navy uniform is more than just wearing apparel. It is part of Navy life."

Another thought that Captain Coakley imparted was that a "uniform and the manner in which it is worn reveal more about a person than the organization he represents. They are marks of his personal choice in life."

Your choice and my choice has been the United States Navy. It doesn't really matter whether you have been in the Navy for 6 months or 30 years, you can be just as proud to belong. So, as you leave your house, or apartment, or barracks every morning, step out smartly and let your uniform be a true reflection of your pride in your personal choice -- that of belonging to the United States Navy!



Command Master Chief Feature

Meet another of our Enlisted Advisors

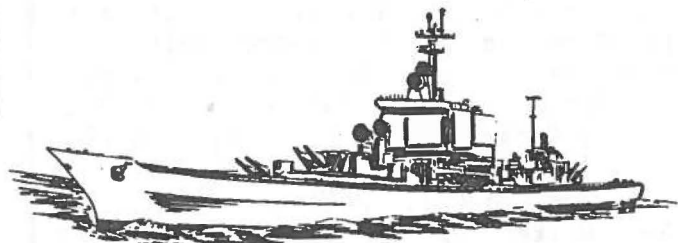


HM1 John A. Reed, USN

HM1 John A. Reed, RIF Optical, serves as the Enlisted Advisor to 13 junior personnel. HM1 Reed reported on board 9 October 1981. Petty Officer Reed and his wife, Claire, have two children: a son, "J.C.", 8 years old, and a daughter, Lynn, 2 years old. HM1 Reed hails from Trent, Texas.

The following personnel are assigned to HM1 Reed: HN Wayne Carlton, HA Christopher McWaters, HA Linwood Toppin, HA Everett Bailey, HN Derrick Bentley, HA Danilo Felicitas, HM3 Michael Grant, HM3 Susan Gudahl, HA Catherine Hedges, HA Jeffrey Johnson, HM2 Richard Krug, HN Stephen Lary, and HN Zev Levine.

Energy Awareness Week 25 - 31 October



ENERGY: KEY TO SEA POWER



CAPT Fout's Skipper - gram

Dear Captain:

This may seem like a ridiculous request, however, it is made with complete sincerity. It is a plea for the life of a patient that no one seems willing to recognize. The patient is not a patient in the usual sense... there is no status, no ID card, and certainly no social security number. This patient, struggling for life, is actually a 10 foot oak tree that was planted to the left of the main entrance of the outpatient parking lot. It was blown over flat in early summer by a wind storm. It turned brown and I was sure it was dead. It seems to now have made a miraculous recovery. It is green and struggling for life. Every day I come to work hoping that someone with some gardening skills will have made an attempt to salvage this poor little tree. I regret taking your valuable time with this trivial matter, but I feel strongly that if our true mission is to show mercy and compassion to the sick and injured, perhaps a small measure of consideration could be shown to this "patient."

/s/ M. L. PRATT

FIRST ENDORSEMENT

1. Referred to ENS Stegall for treatment and TLC.

/s/ L. R. FOUT

CRA BIRTHDAY GREETINGS TO: Deborah Kirkbridge on 3 Oct; Emily Pirtle and James Wilson on 4 Oct; John Cruz on 5 Oct; William Giba on 6 Oct; George Walton and Deborah Ratliff on 8 Oct; Cathy Davidson on 10 Oct; Harriette Cuthrell on 13 Oct; Margaret Castrianni on 17 Oct; Lois Ziglar on 19 Oct; Mary Davis on 20 Oct; Jane McCrea on 21 Oct; Robert Waldon and Jerome Walker on 22 Oct; Richard McGuire and James McIntyre on 27 Oct; Tamora Sombelon on 29 Oct; Linda Hill on 30 Oct; and Maria Parrish on 31 Oct.



CRA

NOTES

Joyce Sienla



Captain's Call

Captain Fout held a civilian employees Captain's Call on 2 September. For those of you who didn't make it, I would like to mention a few of the subjects that were discussed.

Questions were raised regarding the contract surveys which are ongoing in the areas of Housekeeping, Transportation and Food Service. The surveys are being conducted by the Departments of Defense and Navy and the results are not known as of this time.

Smokers in large offices are urged to be considerate when around non-smoking patients and staff.

All employees, who have applied for a particular position vacancy, will receive a letter from CPO as to whether or not they are qualified or unqualified.

The question regarding RN and LPN clothing allowance could not be answered because the pertinent instruction is currently under revision.

The bad news -- the Credit Union had to close it's branch office -- not enough space for the volume of business. The good news -- Sun Bank is planning to install an instant teller.

Whoozzitt

It's Wes Sorenson, our mail clerk. He has been an employee at the Medical Center since September 1980. Wes retired from active duty with the Navy as a Chief Sonar Technician in January 1967. Prior to coming to Orlando, Wes was the mail clerk at the Naval Air Station, Key West, for over 13 years. He makes his home with his son, John, in Sorrento.



Wes originally hailed from Minnesota.